

Appendix



WINTER TRAINING CAMP 2007

INDIVIDUAL FITNESS TESTING

The following tests should give you an idea of how much of a “complete” endurance runner you are (and be fun!). Maintain your strengths and work on your weaknesses, building up gradually to any changes made to your training.

Test 1. Press-ups in 60 seconds	
This will reveal your muscular endurance	
Total number of press-ups:	press-ups
Comments: World class runners can do at least 60/min (males) and 50/min (females)	How to improve: A) do one of each exercise first thing in the morning. Add one repetition daily. B) do one exercise to exhaustion 3 times with 60s rest. Alternate between the 3 exercises each day.

Test 2. Straight leg abdominals in 60 seconds	
This will reveal your muscular endurance (different muscle groups)	
Total number of abdominals:	abdominals
Comments: World class runners can do at least 60/min (males) and 50/min (females)	How to improve: A) do one of each exercise first thing in the morning. Add one repetition daily. B) do one exercise to exhaustion 3 times with 60s rest. Alternate between the 3 exercises each day.

Test 3. Squat thrusts in 60 seconds	
This will reveal your muscular endurance (even more different muscle groups)	
Total number of squat thrusts:	squat thrusts
Comments: World class runners can do at least 60/min (males) and 50/min (females) The more muscles you have with improved endurance, the more lactate you can deal with.	How to improve: A) do one of each exercise first thing in the morning. Add one repetition daily. B) do one exercise to exhaustion 3 times with 60s rest. Alternate between the 3 exercises each day.

Test 4. Sit and reach to/beyond your toes	
This will reveal your basic flexibility	
Number of cm over toes:	cm
Comments: You need some flexibility as a runner (e.g. to increase your stride length), but being super-flexible may lead to poor running economy. You should concentrate on doing dynamic mobility	How to improve: Sit and grasp ankles, pull down as far as you can. Practice daily until your head can touch your knees!

exercises (I.E drills that mimic parts of the running action). Running is not a static activity!	“I could never touch my toes, but I could run 4 minutes for a mile” – Roger Bannister It should be noted that Hicham El Guerrouj (3min43.13 WR) could reach his toes!
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Test 5. Hop 25m on each leg (3 attempts)		
This will reveal your elastic leg strength		
Total number of hops:	On left leg	On right leg
Comments: World-class middle distance runners can traverse this distance in 10 hops on each leg (Seb Coe took 8!). The more elastic your legs are, the less energy you waste when hitting the ground and you will be able to maintain a faster pace for longer.	How to improve: Both your legs should be equally strong, if one is weaker, improve that first, then both. A) Hop 25m every other day on grass up a slight gradient. B) Do one-legged half squats onto a 0.5m high chair for 60s each leg, every other day.	

Test 6. Sprint 40 yards / 36.6m (3 attempts)	
This will predict your potential 400m time	
Average time:	seconds
Comments: multiply your time by 10 and add 2s (men) or 3s (women) to estimate your 400m time. In theory you should be able to add 4s to your potential 400 time to get your 800 pace, 8s for 1500, 12s for 3000, 16s for 5000 and 20s for 10000. To achieve this potential you need to do rep sessions at your target pace and at the paces above and below the distance, as well as regular steady runs of 35mins+. Note that Kenenisa Bekele can run 5km @ 60.6s/400 and 10km @ 63.1s/400!	How to improve: A) do short sprints (4 x 40m) after all middle-distance sessions. You'll be well warmed up then and this mimics the point in the race when you will have to sprint. B) Do long sprints when fresh: e.g. 350,300,250,200 with 5-10mins recovery C) Get someone to watch your sprinting technique. D) Increase you leg strength (see above). This will allow you to maintain your stride rate for longer. Speed Kills. It kills those who don't have it!

Test 7. Balke Test – Run as far as you can in 15 minutes	
This will predict your VO ₂ max (how aerobically fit you are)	
Total distance run:	metres
Comments: This measure is the bread and butter of cross-country! A rough estimate of your VO ₂ max can be made by interpolation from these figures (but assumes test was done on an athletics track in windless conditions!): 3000m: 45.5mls/kg/min – Need to do more long reps and steady runs! (25min 5k) 3400m: 49.9mls (22min)	How to improve: A) Increase the volume of your running by 5min/day per week for 6 weeks. B) Do a 3k pace session once a week (as in CUH&H Thursday sessions) Your approximate 3k pace is the average lap time in your best 1500m plus 4 seconds or the average lap time in your best 5k minus 4 seconds. C) Halve the distance you run on the test and run it three times in 7min30 with a 60s recovery. Repeat weekly.

<p>3800m: 53.8mls (19min40) 4200m: 58.2mls Good for females (17min50) 4600m: 62.6mls (16min30) 5000m: 67.5mls World class female/Good for males 5400m: 71.9mls (sub14min) 5800m: 76.3mls World class male (sub13min) 6000m: 79.7mls Bekele beater! (12min30)</p> <p>Alternatively, try out some of the VO₂max calculators on the internet.</p>	<p>It takes around 12 weeks of consistent training in this way to improve your VO₂max. You should aim to get 200-400m further in the test.</p> <p>Note that Paula Radcliffe's VO₂max may have been increased a bit in recent years by the marathon training volume, but she also made big improvements by working on her muscular endurance and core stability.</p> <p style="text-align: right;">OSB</p>
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